



LAKE LYNN TRACK OUT X-PRESS PROGRAM- TRACK 1

WEEK OF September 14- September 16



TIMES	MONDAY 9/12	TUESDAY 9/13	WEDNESDAY 9/14	THURSDAY 9/15	FRIDAY 9/16	
7:30	BSX Activities 7:00AM-8:45AM					
8:00						
8:30						
9:00	TRACK 2	TRACK 2	Snack	Snack	Snack	
9:30			Sports Clinic: Bocce Ball	Sports Clinic: Bocce Ball	Sports Clinic: Bocce Ball	
10:00			Gym: Wall Ball	MR: Four Corners	MR: Concentration	
10:30				Lunch	Art Project: Sand Art	
11:00			Art Project: Personal Signs	P/U at 11:30am AMF Bowling Pleasant Valley 12:00pm-2:00pm Depart at 2:00pm	MR: Guard the Castle	
11:30						Lunch
12:00			Lunch		Quiet Time	
12:30						
1:00			Gym: Battle Ball		MR: In the River on the Bank	Gym: Snow Ball Alley
1:30			Playground			
2:00			Merge w/ ASX Snack		Merge w/ ASX Snack	Merge w/ ASX Snack
2:30						
3:00						
3:30						
4:00						
4:30-6:00	ASX ACTIVITIES					

 Fieldtrip

 Special Program/Movie

 Art/Cooking Project



LAKE LYNN TRACK OUT X-PRESS PROGRAM- TRACK 1

WEEK OF September 19- September 23



TIMES	MONDAY 9/19	TUESDAY 9/20	WEDNESDAY 9/21	THURSDAY 9/22	FRIDAY 9/23		
7:30	BSX Activities 7:00AM-8:45AM						
8:00							
8:30							
9:00	Snack	Snack	Snack	Snack	Snack		
9:30	Sports Clinic: Frisbee	Gym: Alien Invasion	Sports Clinic: Frisbee	Gym: Team Scatter ball	Sports Clinic: Frisbee		
10:00							
10:30	MR: Name 6	MR: Best of	MR: Bingo	MR: Board Games	MR: Trash		
11:00	Group 1 Eat lunch Group 2 Gym		Lunch	Lunch	Cooking Project: Berry Trifle		
11:30	Group 1 P/U at 11:30 Bisque Art 12:00-1:00 Group 2 eat lunch 12:00 Group 2 P/U at 12:30 Bisque Art 1:00-2:00	Art Project: Bug Houses	P/U at 11:30 am Museum of Natural Science (Raleigh) 12:00 -2:00	P/U at 11:30am Adventure Landing 12:00 to 2:00			
12:00						MR: Flinch	
12:30		Lunch				Lunch	
1:00		Group 2 eat lunch 12:00			Quiet Time		Quiet Time
1:30		Group 2 P/U at 12:30 Bisque Art 1:00-2:00			Gym: Handball		Gym: Ultimate football
2:00							
2:30	Playground/Outside Activities		Playground/Outside Activities	Quiet Time			
3:00	Merge w/ ASX Snack	Merge w/ ASX Snack	Merge w/ ASX Snack	Merge w/ ASX Snack	Merge w/ ASX Snack		
3:30							
4:00							
4:30-6:00	ASX ACTIVITIES						



Fieldtrip



Special Program/Movie



Art Project



LAKE LYNN TRACK OUT X-PRESS PROGRAM- TRACK 1

WEEK OF September 26- September 30



TIMES	MONDAY 9/26	TUESDAY 9/27	WEDNESDAY 9/28	THURSDAY 9/29	FRIDAY 9/30	
7:30	BSX Activities 7:00AM-8:45AM					
8:00						
8:30						
9:00	Snack	Snack	Snack	Snack	Snack	
9:30	Sports Clinic: Volleyball	Gym: Stack a Block Relay Chicken drop Relay	Sports Clinic: Volleyball	Gym: Cross the Ocean	Sports Clinic: Volleyball	
10:00						
10:30	MR: Sausage	MR: Fox and Squirrels	Gym: Bleacher Ball	P/U at 10:30 Hillridge Farms 11:30 am- 2:00 pm We will eat lunch on the trip. Please bring extra water!	Gym: Choice Play (centers: hoola hoops, jump ropes, basketball, soccer)	
11:00		Lunch				Playground
11:30	Art Project: Personal Pins	P/U at 11:30 am BigEBounce 12:00 pm-2:00 pm	MR: Find the Thimble			
12:00						
12:30	Lunch				Lunch	Lunch
1:00	Quiet Time				Quiet Time	Quiet Time
1:30	Playground				MR: Catch Phrase	Game Room
2:00	Gym: Bombardment	Quiet Time	Playground	Quiet Time	Table Tennis, Board games, air hockey	
2:30				MR: Four Corners		
3:00	Merge w/ ASX Snack	Merge w/ ASX Snack	Merge w/ ASX Snack	Merge w/ ASX Snack	Merge w/ ASX Snack	
3:30						
4:00						
4:30-6:00	ASX ACTIVITIES					



Fieldtrip



Special Program/Movie



Art Project

Lake Lynn Track Out

Track 1 – Week 1



Welcome all to the 2011-2012 track out year. As we venture into a new school year we will also be enjoying new activities , new trips and lots of new faces at the Trackout X-press program. With all new school years we switch key tags. Make sure to bring your ID on the first day to receive your new key tag.

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips and More!

AMF Pleasant Valley Lanes

STRIKE! We are going bowling! The kids will have a rocking good time aiming for a strike or picking up that spare. Please remember to wear socks! Additional money for concessions is optional.
5501 Commercial Ave. Raleigh, NC 27612

Please remember to send 2 snacks and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child. As always, please contact us with any questions or concerns.



Lake Lynn Track Out

Track 1– Week 2



Welcome to week two of Track Out X-press!
This week will be filled with a lot of fun trips.
Extra money for the any field trip it is always optional.

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips and More!

Bisque Art

The kids will use their creativity to paint beautiful pieces of pottery.
7440 Six Forks Rd. Suite 9, Raleigh, NC
(919) 870-9377

NC Museum of Natural Science

From sea life to dinosaurs, we will explore the exhibits at the museum. Track Out staff will provide a scavenger hunt for participants to help guide their group through the museum.

11 W. Jones St., Raleigh 27601

Adventure Landing

Arcade games+lazer tag+putt putt golf= FUN
Extra money for snacks or extra tokens is optional.
3311 Capital Blvd., Raleigh, NC 27604

Please remember to send 2 snacks and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child. As always, please contact us with any questions or concerns.



Lake Lynn Track Out

Track 1– Week 3



Welcome to week three of track out X-press. During this week we will be visiting the Museum of Life and Science in Durham. Lunch will be eaten at the museum. Please remember to apply sunscreen for all outside activities and trips.

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies

Field Trips and More!

BigEBounce

Its bounce time! The kids will have a bouncing good time playing in the bounce houses and slides. Wait there's more! Kids will challenge their friends in exciting games on the Wii, X-box Kinect and Playstation 3 Move game systems. Please wear socks.

10065 South Maynard St., Cary, NC
(919) 469-2273

Hillridge Farms

Participants will have the opportunity to visit many attractions at Hillridge Farms including a hay ride, giant slide, gem panning, fish pond, farm animal corral and more! Additional money for the gift shop is optional. We will be outside for most of our trip. Please wear cool clothing, sunscreen and bring a water bottle.

703 Tarboro Rd, Youngsville, NC 27596

Please remember to send 2 snacks and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child. As always, please contact us with any questions or concerns.

